

This leaflet is a guide only and gives you general information on your lung function tests. It does not replace the need for personal advice from a healthcare professional. Please ask us if you have any questions.

What are Spirometry, Reversibility and FeNO?

These are a routine set of tests that evaluate how well your lungs work. The tests can take a maximum of 45 minutes depending on which one(s) are right for you.

The tests we do

Spirometry

Spirometry is a test that shows how well you breathe in and out. The device used to measure this is called a spirometer. We will ask you to breathe in fully and blow out as hard and fast as you can into the mouthpiece. You will need to repeat this test several times with breaks in between.

Reversibility

Reversibility is a test that is only performed on some patients. It depends on your spirometry results. If your spirometry results suggest you may benefit from an inhaler medicine that opens your airways then we will ask you do this further test called 'reversibility'. This will require you to breathe in an inhaler medicine from a small chamber called a "spacer" and then repeat your spirometry tests after 15 minutes.

FeNO (Fractional Expired Nitric Oxide)

This test measures the nitric oxide in the air you breathe out. We will ask you to breathe slowly and steadily into another device for 10 seconds. This can require a practice attempt. This test can tell us whether you might have some inflammation in the airways.

Preparing for your test

For any of these tests to be carried out successfully, it is important that you DO NOT:

- Smoke for at least 24 hours before your test
- Exercise in the hour before your test
- Eat a large meal during the two hours before your test
- Drink alcohol for 24 hours before your test
- Wear tight fitting clothes.

Inhalers

If you take steroid inhalers, please continue to use these as prescribed by your doctor.

If you regularly take bronchodilators (inhalers), please follow the instructions below:

4 to 6 hours before the test do not use the following inhalers:

- Salbutamol (Ventolin, Aerolin, Salamol)
- Albuterol
- Terbutaline (Bricanyl).

12 hours before the test do not use the following inhalers:

- Ipratropium Bromide (Atrovent or Combivent).

24 hours before the test do not use the following inhalers:

- Salmeterol (Serevent)

- Formoterol fumerate (Oxis or Foradil)
- Formoterol and Budesonide (Symbicort)
- Salmeterol and Fluticasone (Seretide).

36 hours before the test do not use:

- Indacaterol (Onbrez, Ultibro)
- Vilanterol (Trelegy, Anoro)
- Olodaterol (Striverdi, Spiolto)
- Tiotropium (Spiriva, spiolto)
- Aclidinium (Duaklir)
- Montelukast (Singulair)
- Zafirkulast (Accolate)
- Umeclidinium(Incruse, Trelegy, Anoro)
- Theophylline (Uniphyllin, Slophyllin)
- Glycopyronium (Trimbow, Seebri, Ultibro).

If you find it difficult to manage without your inhaler, please use it and make a note of the time and dose. Please inform us of this information when you arrive for your appointment.

If you use any other medications
If you use steroid tablets or use any other medication please continue to take these as prescribed by your doctor.

Conditions you need to tell us about

If you answer yes to any of the following, please contact us on 01342 414438 to discuss your appointment.

1. Have you had any eye, chest, abdominal, neuro (brain/spine) surgery in the last 12 weeks?
2. Have you had signs of or been diagnosed

Your Spirometry and FeNO tests at Queen Victoria Hospital

with a chest infection in the last 6 weeks?

3. Have you coughed up blood in the last month?
4. Unstable angina (chest pain or discomfort recently)
5. Have you had a pneumothorax or a collapsed lung in the last 12 weeks?
6. Do you have an aneurysm?
7. Are you currently aware of being infectious e.g. TB, MRSA?
8. Have you had a heart attack or stroke in the last 12 weeks?
9. Have you had a pulmonary embolus or blood clot on lung in the last 12 weeks?
10. Do you have an active middle ear infection?
11. Please let us know if you are currently pregnant.

Are there any side effects?

There should be no side effects during or after spirometry or FeNO tests. You may however feel tired as we usually ask you to complete the breathing exercises related to the tests multiple times. This is very normal and the tiredness will reduce after appropriate rest.

The medicine (salbutamol) used for reversibility testing can sometime cause a slight tremor, headache or increase in heart rate. If you feel any of these things please let us know. They are usually for a short time.

Your tests will not change your ability to drive home.

If you do have any sensations of chest pain, dizziness or headache during the tests or just after please let us know immediately. We will pause the test and only continue when you have recovered adequately.

Test results

Your results will be provided in a report to your GP who will decide on the next steps with you. Please do not call the QVH Community Diagnostic Centre for your results.

Cancellations

If you are unable to attend your appointment, or need to change it, please contact **01342 414438** as soon as possible. Please quote your patient V number or name and date of birth and explain that you wish to cancel an appointment in the Community Diagnostic Centre. We can then cancel your appointment time and re-issue this to another patient, whilst arranging a new appointment for you.

If you would like this leaflet in a larger font or different format please let us know

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